



## Caregiver Support Groups

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### **Billings**

Caretime Support Group for Caregivers Adult Resource Alliance of Yellowstone County 1505 Avenue D – 2 <sup>nd</sup> floor (59101) (406) 259-5212 (JoDee)	Monthly date varies 2 <sup>nd</sup> or 3 <sup>rd</sup> Wednesday	1 PM Call First
Alzheimer Association Support Group Billings Clinic Downtown Basement Room 1 801 North 29 <sup>th</sup> Street (59107) (406) 690-2468 (Ramona) 657-4773	4 <sup>th</sup> Monday	Noon
Alzheimer Association Support Group Canyon Creek Memory Care 1785 Majestic Lane (59102) (406) 281-8455 (Marianne)	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	11 AM
Highgate Senior Living-Bistro 3980 Parkhill Drive (59102) (406) 651-4833 (Dana)	3 <sup>rd</sup> Tuesday	5:30 PM
St. John's Lutheran Ministries 2429 Mission Way Billings MT (59102) (406)655-5638 (Shelly)	2 & 4 <sup>th</sup> Wednesday *Call in advance	Noon
The Springs Living 1221 28 <sup>th</sup> Street West (59102) (406) 652-6989 (Nadine)	3 <sup>rd</sup> Tuesday *Call in advance	2 PM
Westpark Village Assisted Living 2351 Solomon Avenue 2 <sup>nd</sup> Floor Library (59102) (406) 652-4886 (Melissa)	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	2 PM

### **Bozeman**

Bozeman Senior Center 807 N. Tracy (59715) (406) 586-2421 (Emily)	2 <sup>nd</sup> Wednesday	2 PM
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Spring Creek Inn 1641 Hunters Way (59718) (406) 586-0074 (Cindy)	4 <sup>th</sup> Thursday	Noon
<b><u>Butte</u></b> Caregiver Support Group Belmont Senior Center 615 Mercury (59701) (406) 723-7773 (Ann or Cynthia)	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	1 PM Call First
Alzheimer Association Support Group Springs Living of Butte 300 Mount Highland Drive (59701) (406) 494-0083 (Shelly)	3 <sup>rd</sup> Tuesday	7 PM Call First
<b><u>Great Falls</u></b> Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 <sup>th</sup> Avenue South (59405) (406) 455-5950 (Becky)	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday	1:30 PM 1:30 PM
	*Call in advance to join a group	
Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 <sup>th</sup> Avenue South (59405) (406) 771-4544 (Dawn)	1 <sup>st</sup> & 3 <sup>rd</sup> Monday	11:30 AM &/or 5:30 PM
Cambridge of Great Falls 1109 6 <sup>th</sup> Avenue North (59401) (406) 727-7151 (Kaitlynn)	3 <sup>rd</sup> Tuesday *Call in advance	7 PM
Highgate Senior Living 3000 11 <sup>th</sup> Avenue South (59405) (406) 454-099 (Jacob)	Last Wednesday *Call in advance	Noon
<b><u>Hamilton</u></b> Bitterroot Valley Alzheimer's Support Group South Living Room Valley View Estates Health Care Center 225 N. 8 <sup>th</sup> Street (59840) (406) 363-5690 (Katie)	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays	1 PM
Grandparents Raising Grandchildren Support Group Big Creek Coffee Shop 301 West Main Street (59840) (406) 396-1937 (Anna Marie)	Wednesdays	10:30 AM

**Havre**

Caregiver and Alzheimer Support Group  
Northern Montana Care Center  
24 13<sup>th</sup> Street (59501)  
(406) 262-1899 (Rachel or Ila)

Last Monday

Noon

**Helena**

Alzheimer's Support Group  
1740 N. Montana Avenue (59601)  
(406) 431-0452 (Cindy)  
(406) 431-9801 (Betsy)  
(406) 461-7941 (Tom)

2<sup>nd</sup> Tuesday/4<sup>th</sup> Thursday

7 PM

Lewis and Clark Library  
120 S Last Chance Gulch (59601)  
(406) 444-5301 (Julie)

1<sup>st</sup> & 3<sup>rd</sup> Friday

Noon

Touchmark on Saddle Drive  
915 Saddle Drive (59601)  
(406) 449-4900 (Nanette)

3<sup>rd</sup> Monday

7 PM

Respite care available  
\*Call in advance

Big Sky Caregivers Connect  
2330 East Broadway (59601)  
(406) 475-2366 (Bev)

4<sup>th</sup> Wednesday

Noon

**Libby**

Libby United Methodist Church  
713 Main Avenue (59923)  
(406) 293-4937 (Dorothy)  
(406) 293-4522 (Church)

Tuesday

2 PM

**Kalispell**

TBI and Caregiver Support Group  
Summit Medical Fitness Center-Conference Room  
205 Sunnyview Lane (59901))  
(406) 756-4720

2<sup>nd</sup> Monday

6 PM

Caregiver Support Group  
Buffalo Hill Terrace  
40 Claremont Street (59901)  
(406) 752-9224

3<sup>rd</sup> Monday

3 PM

**Missoula**

Alzheimer's Association Support Group  
Summit Independent Living Center Conference Room  
700 SW Higgins (59803)  
(406) 549-3433 (Jackie)

2<sup>nd</sup> Wednesday

Noon

Alzheimer's Association Support Group Missoula Senior Center 705 South Higgins (59801) (406) 549-3433 (Jackie)	4 <sup>th</sup> Monday	6:30 PM
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Caregiver Support Group and Education The Village Senior Residence 2815 Old Fort Road (59804) (406)549-1300 (Sarah)	Wednesdays *Call in advance  *Location and time may vary	Noon
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**Polson**

Alzheimer Caregiver Support Group Presbyterian Church of Polson 301 4 <sup>th</sup> Avenue E (59860) (406) 849-6207 (Arlene)	2 <sup>nd</sup> Wednesday	1:30 PM
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Cheerful Heart Cancer/Caregiver Support Group United Methodist Church 301 16 <sup>th</sup> Avenue (59860) (406) 883-7284 or (406) 824-2868 (Tammy)	2 <sup>nd</sup> & 4 <sup>th</sup> Monday	Noon
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**Red Lodge**

The Willows 2475 N. Broadway Red Lodge, MT (59085) (406)446-1020 (Sandy)	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	9:30 AM
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\*Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

**Alzheimer's Telephone Support Group**

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

## **Support for Veteran Caregivers**

VA's Caregiver Support Line Assistance is just a quick phone call away – while you're supporting a Veteran, we're here to support you. Sometimes, the best thing to do is just talk it out. We have the support and information you need. Our sole purpose is to help you – the wife or husband, mother or father, sister or brother, daughter or son, or loving family member or friend – who cares for a Veteran. Know that you deserve support, too, and you are eligible for assistance. VA's Caregiver Support Line has licensed caring professionals standing by. We can: Tell you about the assistance available from VA. Help you access services and benefits. Connect you with your local family Caregiver Support Coordinator at a VA medical center near you. Just listen, if that's what you need right now. VA's Caregiver Support Line Call toll-free to 1-855-260-3274 - See more at: [http://www.caregiver.va.gov/help\\_landing.asp#sthash.ur1B4vMP.dpuf](http://www.caregiver.va.gov/help_landing.asp#sthash.ur1B4vMP.dpuf)

## **Caregivers Training**

The Montana State University Extension Offices offer an educational program, *Powerful Tools for Caregivers*, designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area  
[http://www.msuextension.org/health/Powerful\\_Tools.html](http://www.msuextension.org/health/Powerful_Tools.html)  
<http://www.powerfultoolsforcaregivers.org/book-store/>